



HALO (MAKING SENSE OF YOUR WORTH) SUPPORT GROUP – In Person Free & Confidential

Ages 14 and older (Males are welcomed however male and female groups are separate).

Are you dealing with trauma, stress, or feeling overwhelmed? Are you someone who has had a history or currently has a situation going on with domestic violence? Are you someone who is looking to build healthy boundaries? Are you someone who is looking to relearn, reflect, and focus on making sense of your worth. Are you someone that wants to feel seen, heard, and valued. You are not alone. This group offers a safe space to learn coping skills and build stability—without pressure to share personal details.

o What to expect:

- Self-worth overview
- Identifying needs and lies
- Safety
- Truth & Understanding: Power & Control Games
- Truth & Understanding: Relationship Red Flags
- Rebuilding: How the lies affected Behavior
- Affirmation & Forgiveness
- Hands-on activities, and a safe space to focus on healing and staying safe

Details:

- o **Location:** 2939 West Woodlawn Ave, San Antonio, TX 78228
 - o Location (pictured below):
- o **Day & Time:**
 - o **Intake: Dates and Times:**
 - We also offer flexible intake scheduling. Please email us to arrange an appointment.
 - o **Support Group** – Weekly for 8 weeks 45minutes- 1 hour (group date TBD).

Cost: Free

No referral needed. Just come as you are.

If interested in participating, please email Laporshia McAfee at LGould-McAfee@chshel.org or lgould@chshel.org



